

PRE Waxing Tips

- Do not shave the area being waxed for at least 14 to 21 days before you wax. Hair can be 1/4 inch long but I prefer ¼ inch to 1/2 inch long for your first waxing. If you are going to trim your hair, don't trim it too short. The waxing will hurt more and not be as effective as when the hair is longer and the root can be grabbed.
- Do not tan the area to be waxed right before the waxing! If it is sun burned, I will not be able to wax you. If you have just tanned, you run the risk of the wax causing an abrasion on that area and it will be painful post waxing.
- If you are on Accutane for your skin, waxing on any part of your body is not for you. If you have had a glycolic, lactic (alpha hydroxy acids) or a salicylic acid (beta hydroxy acid) peel or are using Retin A or Renova, on the area to be waxed, you will have to wait 2 to 4 weeks before the area can be waxed.
- If you have any sensitivity, you may decide to pre medicate with a pain reliever such as Ibuprofen 30 - 45 minutes before the waxing procedure. Remember, pain is a personal thing; everyone has a different pain threshold. Please check with your doctor to make sure you have no contraindications for Ibuprofen, etc.
- Try to schedule your first waxing at a time when you feel rested and not stressed. Caffeine, nicotine and heavy alcohol consumption can make you feel over sensitive during your treatment.
- A couple of days before you wax, exfoliate in the shower. This will remove dead skin cells, allowing the wax to grip shorter hairs. We have exfoliating products available for purchase that we recommend.
- If you can, shower and clean your entire body thoroughly before the appointment. There are always baby wipes on hand for those last minute clean ups.
- You are ready! Remember the first time is the most uncomfortable, and I promise you the second time will be 100% better.

POST Waxing Tips

- Although the discomfort associated with waxing subsides as soon as the waxing is over, the area can remain sensitive and can feel like sunburn.
- Wait 24 hours before engaging in activities that cause you to sweat or create friction in the area that was waxed such as physical exercise, tanning booths, and the sun. Your pores are open as a result of the waxing and are susceptible to infection. Stay away from the ocean or hot tubs for 24 hours. If perhaps you did not follow directions and went for a run post the wax resulting in bumpy, irritated skin, you may apply Hydrocortisone 1% cream or gel to the affected area if your physician approves.
- You may shower after your wax, just be cautious with the water temperature and apply sparingly a layer of Hydrocortisone Cream 1% or gel available at any drug or grocery store after your shower. Do it again that night and the next day if needed. It works great on bumps, redness, itchiness and any irritation and calms everything down.
- If you notice any areas that are raw or especially tender, you might apply Polysporin or Neosporin Ointment (available at any drug or grocery store) that evening and the next day.
- After the redness subsides, get into the habit of exfoliating the area. The top of the hair follicle may get irritated and a very thin layer of skin grows over it, stopping the emerging hair from coming out, thus resulting in an ingrown hair. Exfoliating removes the dead skin cells, reducing ingrown hairs by keeping the follicles open and conditioning the skin at the same time.
- If you have ingrown hairs, please do not pick at them. That only infects them and helps them to spread. I recommend **PFB Vanish** for Ingrown Hairs which can be found in the spa.
- Don't shave between waxings; it makes the hair resistant to future waxing. The first couple of waxes may not be perfect and you may not be super smooth. Hair grows in at different rates especially if you have been shaving for a long time so at the time of your first wax there will be really short hairs and long hairs. There also is some breakage resulting in the hair not being pulled from the root. Be patient. As you continue to wax, the hair volume and thickness of hair is less so it is much easier to get all the hair and you will feel super smooth. If you see some random hairs, you may tweeze but only for 3 days after the waxing, then grin and bear it until the next time.
- For waxing to be the most effective, schedule an appointment every 4 - 6 weeks.